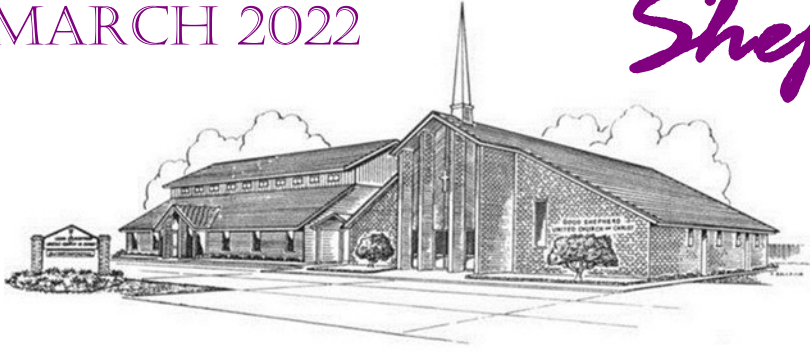


MARCH 2022

# Shepherd's Voice



The monthly parish newsletter of  
**GOOD SHEPHERD CHURCH**

## **WHAT WE BELIEVE...**

We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, visible and invisible.

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.

For us and for our salvation he came down  
from heaven,  
was incarnate from the Holy Spirit and the  
Virgin Mary,  
and was made man.

For our sake he was crucified under Pontius  
Pilate;  
he suffered death and was buried.

On the third day he rose again in accordance  
with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.

He will come again in glory to judge the living  
and the dead,  
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver  
of life,  
who proceeds from the Father and the Son  
who with the Father and the Son is wor-  
shiped and glorified,  
who has spoken through the prophets.

We believe in one holy catholic and apostolic  
Church.

We acknowledge one baptism for the for-  
giveness of sins.

We look for the resurrection of the dead,  
and the life of the world to come. Amen.

## **AN EXPLANATION OF LENT**

### **From THE PRAYER BOOK REASON WHY**

*(By The Rev'd Nelson R. Boss—Originally published in 1890)*

#### **What is the Lenten season, and why is it set apart?**

It is a period of six weeks preceding the anniversary of the Savior's death, and is set apart as a special season of fasting, penitence, and prayer.

#### **Why is it called Lent?**

Because it always comes in the Spring of the year, and the old Saxon word Lent means spring.

#### **With what remarkable event in the Savior's life does the Lenten season correspond?**

The forty days He spent fasting in the wilderness.

#### **Why is the first day of Lent called Ash Wednesday?**

It is called so from the custom which prevailed in the early Church of sprinkling ashes on the heads of penitents the first day of Lent, in token of humiliation and sorrow for sin.

#### **Are there any examples of this custom mentioned in the Bible?**

Yes; the example of Daniel and of David and the people of Nineveh, to which our Lord Himself refers (St. Matt. 11:21).

*Continued on page 2*

**If Lent is only of forty days' duration, why does it begin forty-six days before Easter?**

Because there are six Sundays in Lent, and as all Sundays are feast days, kept in honor of the Resurrection, they are taken out; and to make up for these, six days are added at the beginning of the season.

**How should the Lenten season be observed by Christian people?**

As a special season for drawing near to God by extraordinary acts of penitence, charity, and religious devotion; by fasting, and abstinence from public places and of amusement, and from all things that tend to draw away the heart from God.

**What is the object of keeping Lent?**

To deepen the religious life, to purify the heart from sin, and to unite us more closely to the Savior.

**Why does the Church require us to observe the Lenten fast?**

1. Because repentance and humiliation are essential to growth in grace; and
2. because these duties are apt to be neglected and forgotten unless some special time is set apart for their observance.

**What objection do people sometimes urge against the observance of the Lenten Fast?**

They say it is a useless and superstitious custom, and that Christ nowhere commanded His disciples to fast.

**What answer do we make to this objection?**

1. Fasting was a common practice not only among God's chosen people and His prophets under the Old Testament dispensation, but even heathen people practiced it (e.g., Ex. 34:28; 1 Kings 19:8; II Sam. 12:16; Joel 1:14; Jonah 3:5; Ps. 35:13).
2. Our Lord fasted and so did His disciples; (St. Matt. 4:2; Acts 13:2-3, 10:30). And although Christ did not command His followers to fast He assumed that they would do so and gave them direction how to do (St. Matt. 6:17). No one can say therefore that the custom is either useless or superstitious, for it has the highest of divine authority.
3. A few persons who accept the principle of Lent complain that the season is so long that people weary of its observance and relax its discipline. But it is intentionally made long, so that it must be kept by ordered rule and rational self-control, instead by impulsive actions and emotional devotions.

**What is the effect of a Lenten season rightly kept?**

It purifies the heart from greed and lust, breaks the force of evil habit, brings us near to Christ, and creates a closer bond of union between our souls and heaven.

**How long has the custom of keeping Lent been observed by the Church?**

We know that it was observed in the first century after Christ, and probably from the very days of the Apostles, though the season was not always forty days in length.



## SERVICES SCHEDULE FOR MARCH 2022

**Wednesday, March 2 @ 12:15 PM or 6:30 PM**—Ash Wednesday Service

**Friday, March 4 @ 12:15 PM**—Praying the Great Litany (online and in person)

**Sunday, March 6 @ 8:30 AM or 10:00 AM**—Sunday morning Holy Eucharist Lent 1

**Friday, March 11 @ 12:15 PM**—Praying the Great Litany (online and in person)

**Sunday, March 13 @ 8:30 AM & 10:00 AM**—Sunday morning Holy Eucharist Lent 2

**Wednesday, March 16 @ 12:15 PM**—Midday Prayer (online only)

**Friday, March 18 @ 12:15 PM**—Praying the Great Litany (online and in person)

**Sunday, March 20 @ 8:30 AM & 10:00 AM**—Sunday morning Holy Eucharist Lent 3

**Wednesday, March 23 @ 12:15 PM**—Midday Prayer (online only)

**Friday, March 25 @ 12:15 PM**—Praying the Great Litany (online and in person)

**Friday, March 25 @ 3:15 PM**—Stations of the Cross (Leave GSC at 3:15; travel to Our Lady of the Cenacle)

**Sunday, March 27 @ 8:30 AM & 10:00 AM**—Sunday morning Holy Eucharist Lent 4

**Wednesday, March 30 @ 12:15 PM**—Midday Prayer (online only)



## SPECIAL LENTEN DEVOTION TIMES

During Lent, parishioners will have several extra special opportunities for prayer and devotion. Each Friday during Lent, the **sanctuary of Good Shepherd Church will be opened from noon until 3:00 PM** for personal, silent prayer for any member wishing to experience a time of private retreat. This will be a time of silence **except during the period from 12:15 PM until 12:30 PM** when we will pray **The Great Litany**. The praying of The Great Litany (BCP pg. 91-97) will also be streamed on our YouTube channel.

On **Friday, March 25**, we will offer the **Stations of the Cross**. This service will actually be held on the grounds of Our Lady of the Cenacle, located about one mile from Good Shepherd Church. Those wishing to attend should be at GSC and prepared to leave at 3:15 PM.

Of course, we will enter into a Holy Lent with the imposition of ashes. Our **Ash Wednesday** service will be offered on **March 2** at **12:15 PM** and **6:30 PM**.



## GSC WOMEN'S GUILD

On March 8, at 10:00, Allison Millet of Woman's Life Clinic in New Orleans will speak about that organization. All members and friends of Good Shepherd are invited to attend.

Following Allison's address, Women's Guild will meet to discuss future plans for 2022.

**Dottie Frilot,**

**GSC Women's Guild President**

## PRAYER REQUESTS

A reminder that you may submit a name or cause to be entered on to the Good Shepherd Church prayer list by completing a prayer card found in the pews and placing the card in the offering plate. Please note that the computer program used to track our prayer listings places a time limit on entries. If a name or cause that was included on the list is no longer listed and you would like it to be, simply complete another prayer card. Likewise, if you would like to update a prayer request and have it removed from the list before it automatically cycles off by reaching its time limit, this too can be done using the pew prayer cards.



## SUNDAY CELEBRATIONS & REMEMBRANCES AND ETERNAL FLAME SANCTUARY LAMP

A reminder that each Sunday affords an opportunity to honor, remember, and celebrate people and events. Want us to offer prayers of gratitude for a wedding anniversary or prayers of remembrance for a loved one who has returned home to the Lord or prayers of thanksgiving for a special person's birthday? Let us know by filing out the blue "**Sunday Celebrations, Honors, and Remembrances**" form.

The "Sunday Celebrations, Honors, and Remembrances" form is available in the narthex of the church. By completing the **brief form** with the necessary information (e.g., John and Jane are celebrating 20 years of marriage on June 15 or Mike and Sue wish to honor the memory of Sue's mother, Pauline on what would have been her 100th birthday) and turning it in along with **a small \$5 honorarium**, you can be assured that the Sunday of your choosing includes the publication of your honor in our Sunday bulletin and prayerful remembrance during our Sunday service.



Additionally, the **2022** book is now opened for sponsoring the **Eternal Flame Sanctuary Lamp**. If you would like to dedicate the Eternal Flame in memory of a departed loved one, please see the open dates in the red folder in the narthex. The suggested minimum **honorarium for the Eternal Flame Sanctuary Lamp is \$15**.

For more information, please see Fr. Randall.

## NOTES FROM RINDA

This year during the month of March we will be observing Lent. Since I grew up in the Southern Baptist tradition, I knew nothing of Lent until, strangely enough, I was a student at the New Orleans Baptist Theological Seminary. I have since come to appreciate the liturgical season that leads up to the Crucifixion, Burial, and Resurrection of our Savior.

As we enter this time of prayer, fasting, and alms giving, we should take the time to examine our lives. Are we striving to grow as Christians, or are we satisfied with where we stand? When we walk into the sanctuary, do we focus our minds on worship so that when the prelude begins we are ready to pray, listen to scripture, and celebrate the Holy Eucharist? Is Sunday morning the only time that we focus on God? And, even in the midst of our worship, are we actively involved?

The Danish philosopher Søren Kierkegaard said that the worshippers are the actors in a drama; God is the audience; and the priest is the prompter. For most of us, this is a foreign concept. We are often content to simply sit and observe, just waiting for something within the service to “move” us.

Instead of “giving up something for Lent”, I challenge us all to take up something instead. I have a friend who takes a piece of clothing that she no longer wears each day, and at the end of the season, she donates the collected clothes to a charity.

I pray that each of us has a blessed and holy Lenten season.

**Rinda Coleman**

**GSC Music Director**



## DAYLIGHT SAVINGS TIME

Don't forget to set your clocks ahead one hour before going to bed on **Saturday, March 12, 2022** so that you're not an hour late for church on Sunday, March 13.

### **Church life hack:**

If you're usually five minutes late for church, set your alarm clock 5 minutes earlier.





## CHURCH GARAGE SALE

The Good Shepherd Garage Sale will be the weekend after Mardi Gras, Friday March 4th and Saturday March 5th, from 8:00AM to 2:00PM.

Last call for donations will be received during Mardi Gras week, excluding Tuesday, from 9:00 – 2:00. Call Mel Aucoin if you need to drop off in the evenings.

Workers will be needed starting Monday evening to do major moving of stored items. Wednesday and Thursday volunteers will be needed to sort, display, and price items. We will be working in the gym at all week, excluding Tuesday, from 9:00 – 2:00.

Volunteers will be needed for both days of the sale! We need at least eight people both days as: cashiers, table folders, and lots of runners to help people to their cars.

Please come out and join us make money for our church.



## LASAGNA DINNER

Back by popular demand: Ms. Maria's Lasagna! **March 27th 2022** – To-Go dinner featuring: Ms. Maria's Lasagna, vegetable, salad and garlic bread. Tickets will be available before or after church **\$15.00 per dinner**, serving time **12 noon – 1:30pm**. See Mel or Carla for your tickets, limited number of dinners, so get your tickets early.



## PAINT, SNACK, AND SIP PARTY

*Painting and fun!*

*A relaxing afternoon with family and friends!*

*A new twist on a Mother/Daughter event, men are welcome too!*

No experience necessary, we have an artist coming to instruct and guide you.

This event will be held **Sunday, April 3rd at 2:00PM** for a fee of \$40 per person.

A sign-up sheet will be in the Church Narthex (we need to get a head count).

See how many of your friends/family you can get to fill up your table, bring your own beverages/snacks, we will provide tableware. Mark your calendars!



*Paint Party*

KEEP UP WITH GOOD SHEPHERD CHURCH ONLINE



[www.FaceBook.com/GSCMet](http://www.FaceBook.com/GSCMet)



[www.YouTube.com/GoodShepherdMet](http://www.YouTube.com/GoodShepherdMet)



[www.Twitter.com/GoodShepherdMet](http://www.Twitter.com/GoodShepherdMet)



[www.GSCMet.com](http://www.GSCMet.com)



*PLEASE got to our website and subscribe to our e-newsletter!*



# YARD SALE

**Where:** Good Shepherd Anglican Church  
**Address:** 5122 W. Esplanade Ave in Metairie  
**When:** Friday, March 4 & Saturday, March 5  
**Time:** 8:00 AM until 2:00 PM

## PRAYING AN ACT OF SPIRITUAL COMMUNION

Since the COVID-19 pandemic lockdown began, Good Shepherd Church has been streaming our 10:00 AM Sunday morning Service of Holy Eucharist each week. During the distribution of Holy Communion, the lector reads a prayer entitled **An Act of Spiritual Communion** for those who are watching at home and are unable to partake in the reception of Holy Communion sacramentally. That beautiful prayer comes from the Book of Common Prayer (pg. 677, ACNA 2019) and can be prayed by a Christian any time they are longing for the grace of Holy Communion but are unable to receive the tangible elements of the sacrament. These are the words to that prayer:

***Dear Jesus, I believe that you  
are truly present in the Holy Sacrament.  
I love you above all things,  
and I desire to possess you within my soul.  
And since I cannot now receive you sacramentally,  
I beseech you to come spiritually into my heart.  
I unite myself to you, together with all your faithful people  
gathered around every altar of your Church,  
and I embrace you with all the affections of my soul.  
Never permit me to be separated from you. Amen.***



### GOOD SHEPHERD CHURCH

ANGLICAN CHURCH IN NORTH AMERICA

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[www.GSCMet.com](http://www.GSCMet.com)

Father Randall M. Graf, Priest & Rector

### REGULAR WORSHIP SERVICES

#### Holy Eucharist

8:30 AM & 10:00 AM every Sunday

#### Service of Midday Prayer

12:15 PM Wednesday (online only)

#### Service of Compline

9:00 PM Friday (online only)

